



Bravo Zulu

Naval Station

Senior Sailor of the Quarter
BM1(SW) Kirk C. Nicholson

Junior Sailor of the Quarter
SK3 Tam L. Colbert

Blue Jacket of the Quarter
HA Joel A. Laky

Officer Program Selectees
HM2(FMF) Henry L. Bradbury III selected for IPP/Physician Assistant Program

SH2(SW/AW) Rudy T. Johnson selected as alternate for the Seaman to Admiral Program

SM1(SW) Pamela Larry selected for Direct Commission to Supply Corps

Moblle Diving Salvage Unit One

Officer Program Selectee
HT2(DV) Martin C. Oliver selected for ECP

Naval Security Group Activity, Pearl Harbor

Navy/Marine Corps Achievement Medal
CTM2 MichaelJoseph
CTA2 Christopher Horton
CTM1(SS) Jeff Taylor
CTM3 Alan Setzco
CTM2 David Yocis
CTM3 Brian Ottinger

USS Key West

Letter of Commendation
MM1(SS) Dale L. Johnson
MSSA Brandon T. Ramos
MS3(SS) Kyle A. Kupiszewski

Navy/Marine Corps Achievment Medal
ETC(SS) Christopher P. Clausing
MM3(SS) Anthony J. Read
MSSA Victor J. Marquez

Qualified in Submarines
MM3(SS) Aric J. Zeeck

Bluejacket of the Quarter
EM3(SS) Michael E. Olsen

Advancements
EM2(SS) Scott A. Brand
MM2(SS) Eric T. Mulhair

Naval Environmental and Preventive Medicine Unit 6

Navy/Marine Corps Achievment Medal
HM1 Robert P. Libarios

‘Seven Habits’ author embarks model of effectiveness

By J03 McClain Shewman
SUBPAC PUBLIC AFFAIRS

National best-selling author Dr. Stephen R. Covey, author of The 7 Habits of Highly Effective People, embarked USS Santa Fe (SSN 763) while the ship transited from Maui to Oahu. His embark came at the end of a series of courses he had given while in Hawaii. Covey, whose lessons in personal development have been employed by the Navy, is not stranger to the sea service, however has never experienced life on an attack-submarine.

Cmdr. Dave Marquet, commanding officer of USS Santa Fe has employed Covey's book in his daily work as a submarine captain.

"I have been an advocate of The 7 Habits from early on. Despite never having had formal training, I have tried to implement a leadership style consistent with The 7 Habits.

"I give every junior officer who reports aboard a copy of the book. We conduct leadership seminars, which use The 7 Habits as a framework. His book is so profound and fundamental that I use it as a basis and foundation," said Marquet, the Concord, Mass. native.

The 7 Habits of Highly Effective People is applicable to seemingly all relationships - including those within the Navy. The seven habits include: Be Proactive; Begin with the End in Mind; Put First Things First; Think Win/Win; Seek First to Understand... Then to be Understood; Synergize; and Sharpen the Saw.

"The 7 Habits have tremendous application because Sailors need to take responsibility, like habit one; have some sense of purpose and values that guide their lives, which is habit two. They need to live by them, which is the integrity habit, habit three; learn to be a part of the team - learn to win-win, which is habit four. Learn to listen and courageously express themselves, so the habit of communication is habit five. Learn to be creative and come up with better solutions which is habit six. And last of all to constantly renew - they way they continually train, educate and learn and take care of maintenance. That's habit seven," stated Covey.

"The book has tremendous potential for those who haven't read it yet. I re-read his book over and over again, and every time I read it I get something new out of it," said Marquet.

Covey says that Sailors are already performing the seven habits, and the similarities between the Navy's core values and the seven habits he preaches are easy to find.

"You can think of a submarine as a big family, so a lot of the points Dr. Covey raised about the cohesion of family can be applied to submariners. The same rules apply," said Senior Chief Machinist's Mate (SS) Mike Bruner of Evansville, Ind.

According to Bruner, the Chief of the Boat, the Santa Fe crew has done a 180-degree turnaround in all aspects since



J03 McClain Shewman photo

Dr. Stephen R. Covey (right), author of the 7 Habits of Highly Effective People, embarked USS Santa Fe (SSN 763) for a cruise from Maui to Oahu. A Santa Fe Sailor shows Covey some submarine maneuvering tips while he was aboard.

applying lessons from Covey's book. Better reenlistment rates, enhanced inspection results and nominations for awards are a few examples that demonstrate positive trends for the boat.

"From 1998 to 1999 we saw enlistment's increase by a factor of seven. I attribute that to the fact that they're getting a lot more personal satisfaction out of their jobs. And that's a direct result of using Dr. Covey's ideas on responsibilities," said Marquet.

Covey said he was impressed with the ability of the submarine and their stealthy wherewithal to complete any task.

"I've done a lot of work in Washington, D.C. with the Joint Chiefs of Staff and the Secretary of the Navy," said Covey. "And this is one of the most marvelous

experiences. I'm very grateful for the dedication and sacrifice of these people. It's a wonderful opportunity for young men to learn discipline, learn responsibility and teamwork," added Covey.

Covey has a Masters in Business Administration from Harvard University and a doctorate from Brigham Young University.

USS Santa Fe is a fast attack submarine based out of Pearl Harbor, Hawaii. The submarine is a member of Submarine Squadron Seven and is the namesake of the historic New Mexico city. Santa Fe is the 2nd U.S. Navy vessel to bear the name. It was commissioned in January of 1994 and carries a crew of 132 men. Santa Fe returned from their most recent deployment in December of 1999.

VR-51 windjammers go to China

By Lt. Cmdr. Mike Marlowe

VR-51

The world famous windjammers of VR-51 just completed a 12 day trip to China in support of a United States Congressional visit to China.

The trip started off with

the crew of Lt. Cmdr. Koska, Lt. Cmdr. Johnson, Aviation Electronics Technician 2nd Class Dasch and Aviation Electrician's Mate 2nd Class Hoekstra flying to Washington D.C. to pick up the 18-member delegation then off to Elmendorf, Alaska for a crew change. There the

crew of Lt. Cmdr. Ricciuti, Lt. Cmdr. Larwood, AE1 Dixon and Aviation Strucural Mechanic 2nd Class Carr continued the trip to Beijng, China. The trip included stops in Shanghai, Hong Kong and Taipei.

VR-51 is a Reserve Navy squadron out of Marine

Corps Base Hawaii, Kaneohe Bay that operates two C-20G aircraft (Gulfstream IV). There are 30 active members and 40 selected reserve assigned to VR-51. VR-51 is Commanded by Cmdr. John Higgins (Active Duty) and Executive Officer Cmdr. Tom Hinderleider (Reserve).

Around the Fleet

Navy/Marine Corps team to assist in Venezuela

Two Norfolk-based ships departed this week to provide humanitarian assistance in the flood ravaged country of Venezuela.

USS Tortuga (LSD 46) departed Jan. 11, while USS Nashville (LPD 13) got underway a day later. Tortuga and Nashville will provide a maritime platform for Navy construction battalion and Marine Corps engineering personnel who will help Venezuelans clear roads along the coastline. The roads must be cleared to allow emergency relief efforts access to coastal cities. The ships will make brief stops in North Carolina and Puerto Rico to pick up personnel and equipment before proceeding to Venezuela.

It is anticipated that Nashville will remain off the Venezuelan coastline to support sea-based engineer operations for approximately two months. Tortuga will return to Norfolk after equipment and personnel

have been offloaded in Venezuela. Nashville and Tortuga are both amphibious landing platforms and will carry bulldozers, tractors, helicopters, engineering equipment and landing craft. Both ships will be accompanied by Navy Beach Master Units homeported in Norfolk to assist in offloading personnel and equipment ashore in Venezuela.

The ships will onload a Marine Corps Engineer Task Force in Moorehead City, N.C. and a Navy Engineer Detachment stationed at Naval Station Roosevelt Roads, Puerto Rico.

1999 Navy Athletes of the Year honored

Each branch of the armed forces honored their top male and female athletes at the annual United States Military Sports Association (USMSA) Athlete of the Year banquet, Jan. 14 in Washington, D.C.

Vice Admiral Norbert R. Ryan Jr., Chief of Naval Personnel was in attendance to present the awards.

"This gives us an opportunity to recognize our top athletes and allow them to meet our sponsors and supporters," said John Hickok, head of Navy Sports.

The Navy's awardees were selected from a group of elite athletes who were nominated by their respective commands.

The Navy's 1999 Male Athlete of the Year, ABE1 Steven A. Mays, assigned to Naval Air Station, Pensacola, Fla., is a Greco-Roman style wrestler and is currently ranked number one in the United States in the 54-kilogram weight class.

The Kalamazoo, Mich., native had an outstanding year, winning the All-Navy Championships, Armed Forces Championships, U.S. Senior National Open and the World Team Trials. He was also a bronze medalist at the Pan-American Games and was ranked 24 out of 38 at the World Championships. In his free time, Mays is an active member of the DARE program, the at-risk youth organization Brother to Brother, Inc., and has been

appointed to a stewardship at his local church.

The Navy's Female Athlete of the Year, Lt. Martha Dunne, is stationed at Naval Amphibious Base Coronado, Calif. Dunne competes in regional and national level events as a track cyclist, and ended the year with a ninth-place finish in the match sprint event at the U.S. National Track Championships. Other highlights of Dunne's competitive year include third place in the match sprint and 500 meter events, and ninth place in the points race at the California State Championships; and ninth place in the match sprint and 13th place in the 500 meter event at the U.S. Elite National Track Championships. Off the track, the Rego Park (Queens), N.Y., native is a four-time winner of the Vincent Astor Memorial Leadership Essay Contest sponsored by the United States Naval Institute, and is currently pursuing a Master's of Science degree in Global Leadership at the University of San Diego.

SPOT CHECK

The Pacific Fleet today

Personnel: 247,421
• 133,897 USN
• 70,006 USMC
• 12,848 USNR
• 30,670 civilians

Ships: 187 (*)

Underway: 76 (41%) (*)

Aircraft: 1,420 (**)

Exercises: 3

Port Visits: 8 countries

Aircraft Carriers Underway/Deployed:
• USS Kitty Hawk
• USS Constellation
• USS Abraham Lincoln

LHA/LHD Underway/Deployed:
• USS Peleliu
• USS Belleau Wood
• USS Essex
• USS Bonhomme Richard

* — includes Military Sealift Command ships
** — includes USMC aircraft